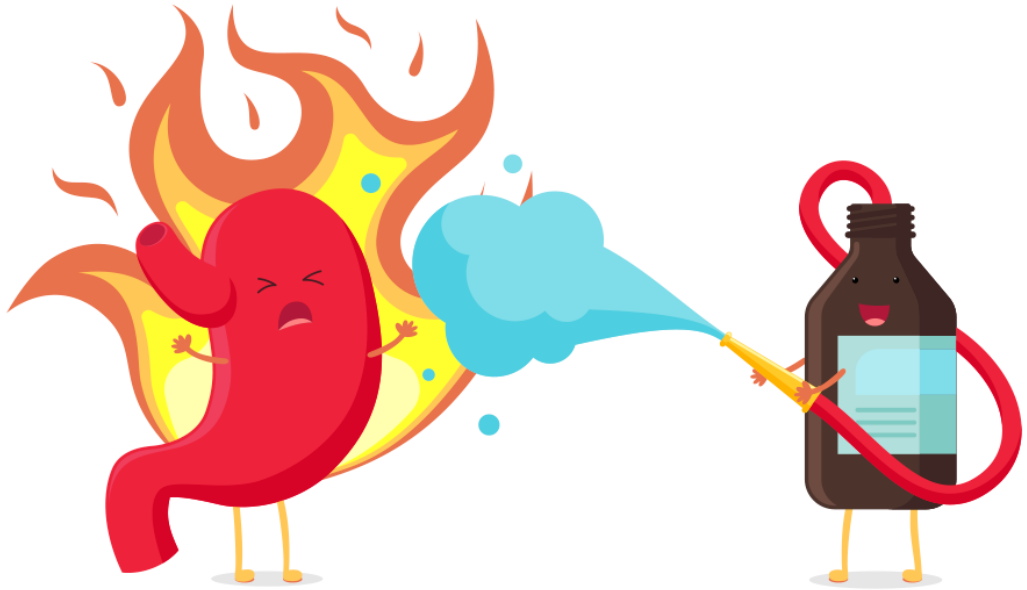
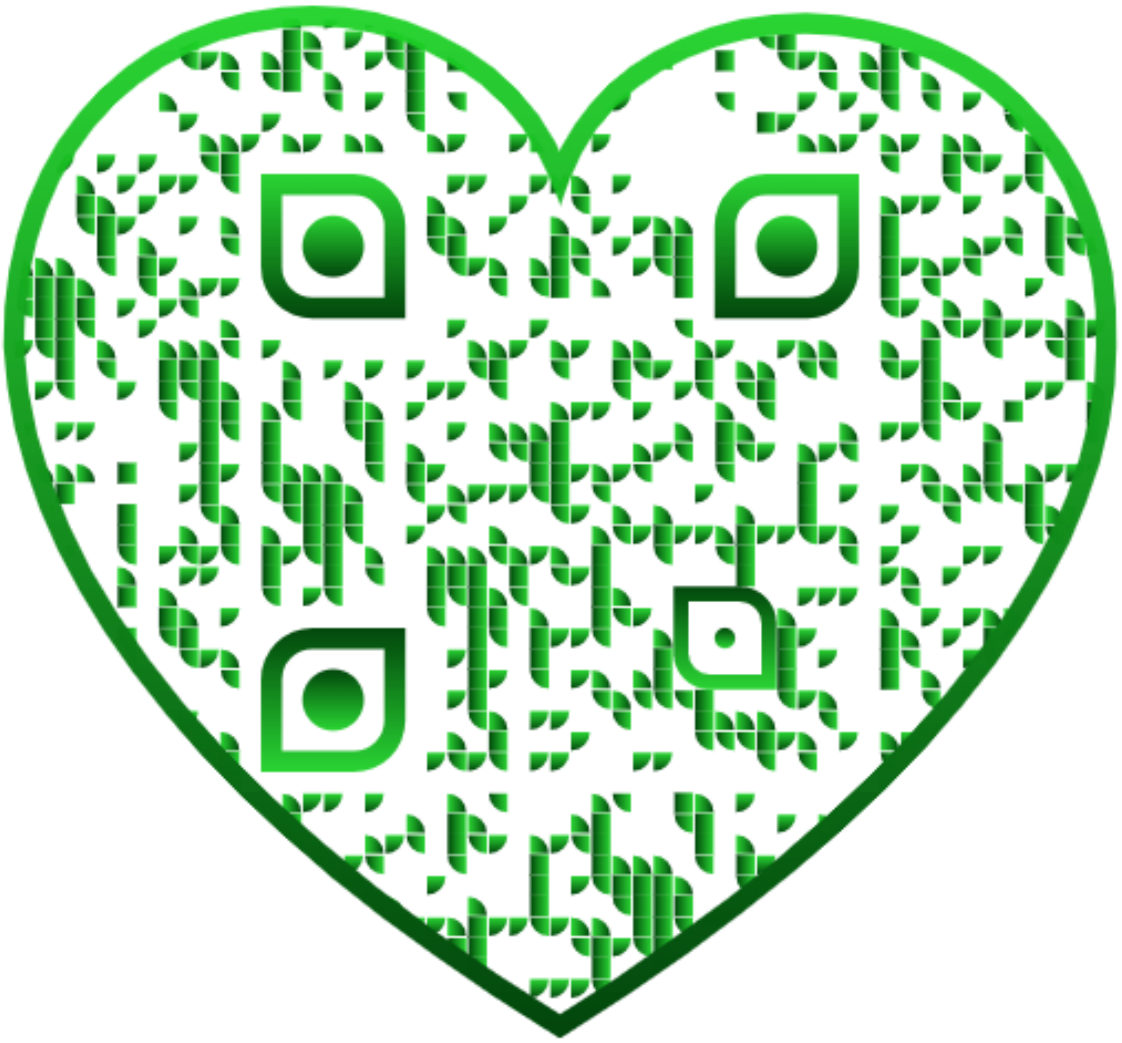
Heartburn in RAMADAN



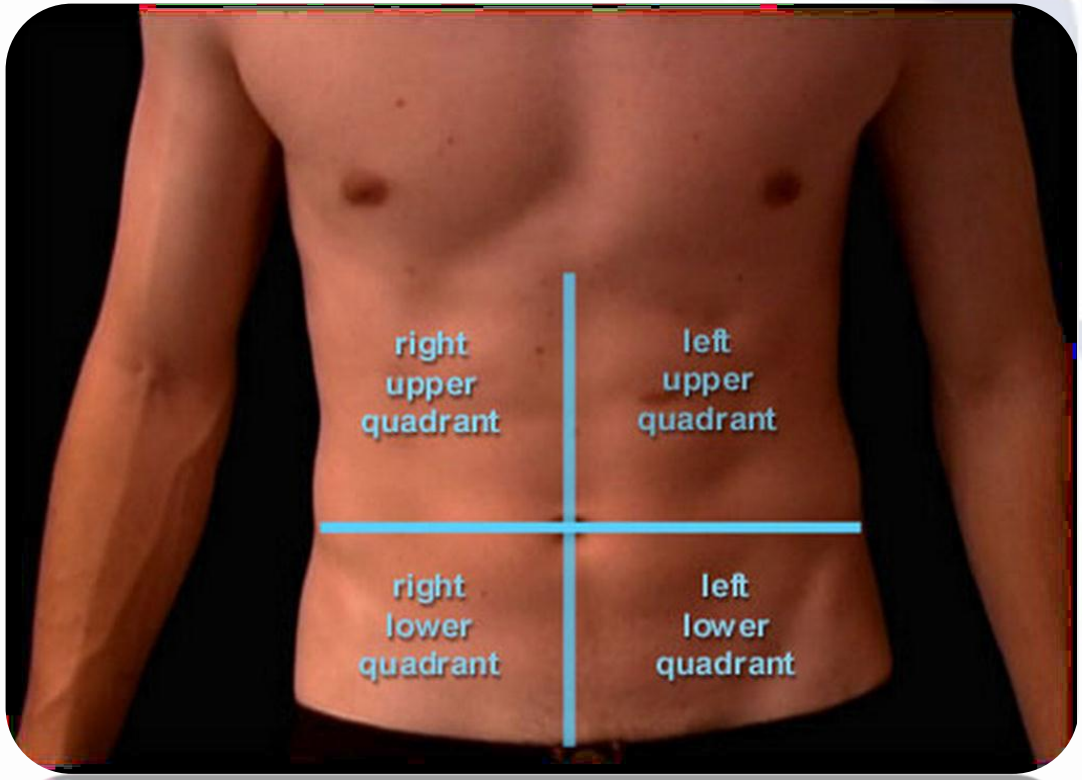
Prepared by :

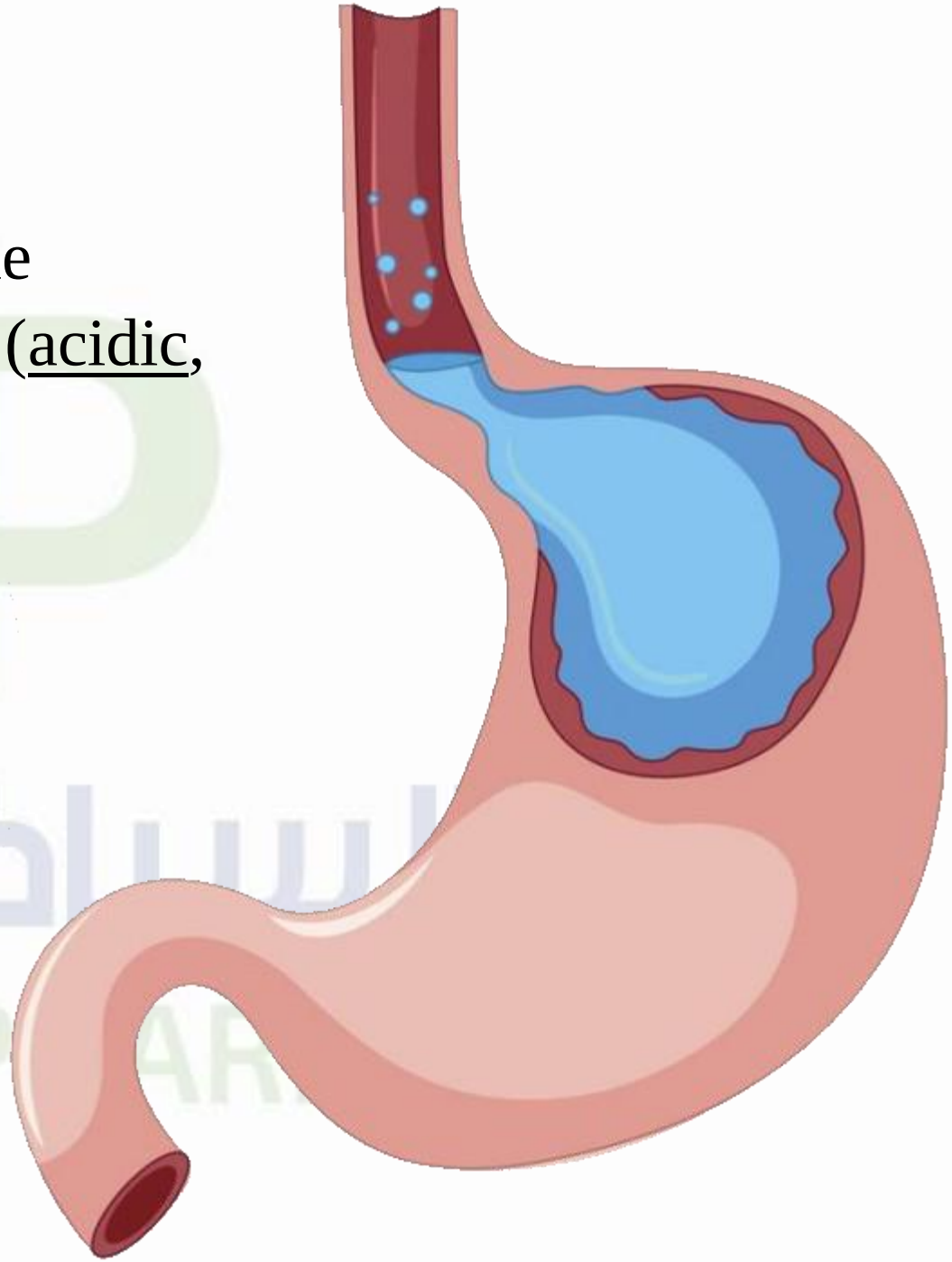
Dr. Waleed Al-Sibakhi



Heartburn

a burning sensation (burning pain) behind the sternum, may reach neck and throat causing (acidic, salty or bitter taste in the mouth).



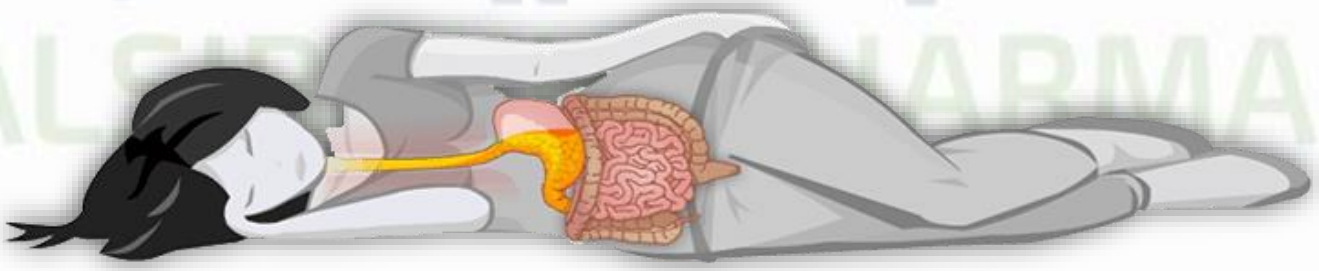


Acute Heartburn in Ramadan

1. Heavy meals, fatty meals

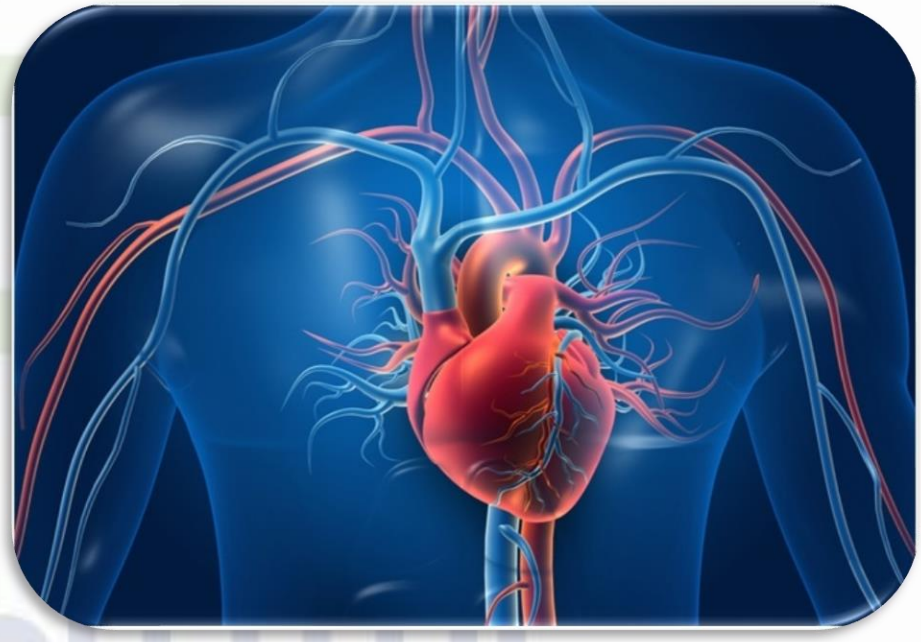
2. Smoking, caffeine.

3. Sleeping immediately after Iftar.



Alarm Symptoms

1. Retrosternal pain, **radiating**.
2. Retrosternal pain, **crushing**.
3. Retrosternal pain, **1st time in > 45 year-old**.
4. Retrosternal pain, **increases with effort or stress.**



ALSIBAKHI PHARMA

Medicines

	Antacids	Histamine-2 Blockers	Proton Pump Inhibitors (PPIs)
M.O.A	Neutralize gastric acid	↓ Acid secretion by 70%	↓ Acid secretion by 80-95%
Medicines	Sodium bicarbonate Calcium carbonate Magnesium carbonate Magnesium hydroxide Aluminum hydroxide.	Famotidine Nizatidine	Omeprazole Esomeprazole Pantoprazole Rabeprazole Lansoprazole Dexlansoprazole

	Antacids	H2 Blockers	PPIs
Onset	**Several minutes**	**30 minutes**	**1-3 hours (up to 5 days for max. effect)**
Duration	**2-3 hours (if taken after meal)**	**10 hours**	**24 hours**

What about taking these MEDICINES with FOOD ??

- **Antacids:** should be taken after meals (and at bedtime).
- **H2-blockers:** can be taken with or without food.

- **PPIs:** should be taken 30-60 min before food (except **Pantoprazole** & **Dexlansoprazole** that can be used with or without food).

How to choose the most effective drug ??

Heartburn occurs 2 days/week or less ??

Antacid or H2-blocker or **both**

Heartburn occurs 3 days/week or more ??

PPI

Doses (usual doses in adults):

- **Antacids:** according to the product, 4 times daily (after meals & at bedtime).

- **Famotidine:** 20 mg twice daily.

- **Omeprazole, esomeprazole & rabeprazole:** 20 mg once daily.
- **Lansoprazole:** 30 mg once daily.
- **Pantoprazole:** 40 mg once daily.
- **Dexlansoprazole:** appears to be 30 mg once daily.

How to choose the safe drug ??

Pregnancy:

Antacids are the 1st choice, especially containing “calcium carbonate & magnesium carbonate”, in normal doses, with **no alcohol**.

Famotidine is the 2nd choice. **Sucralfate** (liquid) is the 3rd choice.

PPIs are the last choice (**omeprazole** or **lansoprazole**), only when necessary.

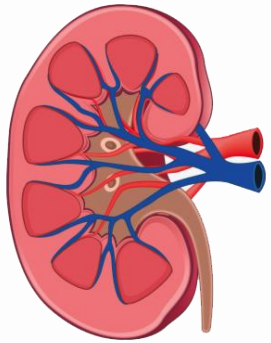
Breastfeeding (lactation):

- **Antacids** containing "calcium carbonate, magnesium carbonate, sodium bicarbonate, aluminum hydroxide, magnesium hydroxide", in normal doses, with **no alcohol**.

or

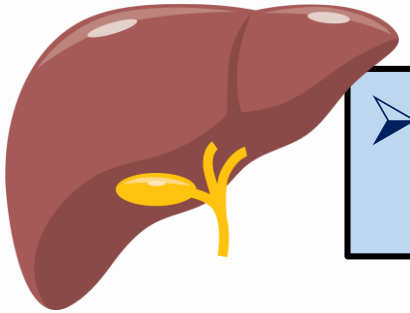
- **Famotidine, nizatidine, omeprazole, pantoprazole**

Renal Impairment:



- **Famotidine** (10 mg every day or 20 mg every other day).
- **PPIs** (normal dose).

Hepatic Impairment:



- **Omeprazole** (20 mg/day) or **Esomeprazole** (20 mg/day) or **Lansoprazole** (15 mg/day).

Hypertension:

- Avoid **sodium-containing** antacids.

Diabetes mellitus:

- Monitor blood glucose if use **sugar-containing** antacids or **sucralfate**.

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